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FEBRUARY 2008

# Semper Fit-News

ADDRESSING THE NEEDS OF MARFORRES I&I UNITS AND PLANTING THE SEEDS FOR A SECURE FUTURE.

## Inaugural MARFORRES Semper Fit I&I Conference

Finally! A focus specifically related to the needs of the Independent Duty Marines!

**Mark your calendars for 19-22 Feb 08**, and get your request for attendance in today! We are only able to accept the first 60 requestors for this inaugural event and the list has already begun!

The structure of this conference will allow MCCS Responsible Officers (RO)'s from I&I units throughout MARFORRES to receive necessary education and information that are not offered in any other venue throughout MARFORRES.

The following areas will be addressed: Fitness/Health Promotions Programs, Gym memberships and equipment, Educational Tools and programming, Military OneSource, Nutrition, Single Marine Program (SMP) and Recreation.

This education and support of our Marines on I&I duty can have a significant impact by reducing attrition through injury prevention; reducing the loss of Marines due to unhealthy lifestyles; fewer Marines assigned to remedial fitness training, weight control, and personal appearance programs; the overall physical combat readiness of the Force; and the favorable impact on motivation, morale, and retention.

Contact the Semper Fit Program Manager at 504.678.8214 or the Semper Fit Administrative Assistant at 504.678.6517 to reserve your seat. This is a MARFORRES funded event!



### WHAT TO LOOK FOR!

[www.usmc-mccs.org](http://www.usmc-mccs.org)

#### Fitness and HP Semper Fit Toolbox

The Toolbox contains presentations, handouts, information, and resources on the Semper Fit elements.

#### Leaders Guide for Managing Marines in Distress

#### Military OneSource

#### Distance Learning Courses

## NUTRITION NOTES

By Anthony Luke, M.D., MPH

**Q: What is the feeling about carbohydrate loading before a marathon? Is it still recommended?**

**A:** The previous practice of carbohydrate loading—when athletes would take in large amounts of carbohydrates several days before a big event to increase glycogen (energy) stores after having gone with less carbohydrate intake for a few days—has become less popular.

Liver glycogen is the most important carbohydrate store for delaying exhaustion from energy depletion. With larger amounts of carbohydrate at least three days before the event (500 to 600 g/day), the body is supposed to load the liver with glycogen. However, the feeling now is that though recharging the glycogen loads beforehand more regularly is important, it does not guarantee that low sugar won't be a problem over a long race such as a marathon.

Important points in managing fuel stores before a big race include making sure you do have a large carbohydrate meal the evening before to ensure that the fuel is available the next day and that carbohydrate be ingested during exercise greater than one hour. Liquid gels and energy bars are popular choices for fuel.



## OM-RAH! Stress Management Techniques for Daily Living

Stress management refers to controlling or reducing the tension that occurs from a situation. There are four key indicators of how you will handle stress. You want to bring attitude, health, physical activity and relaxation together for your stress management.

Try the following exercise. First, list three events that are stressful to you. Then list three cues your body gives you to indicate you're feeling stress. An awareness of your stressors and stress reactions will help you with your reaction to stress. First, try to manage or rectify the situation that's causing you stress. If you're having a problem with your spouse, communicate with him/her. If you're bored, find something to do. If you're uptight, take a walk or meditate. If the situation is out of your control or can't be changed, it helps to have a plan to deal with stress.

Letting stress take over your life will defeat your health and well being. Without taking time to balance it out, stress will quietly take over. Don't assume you are not bothered by life's stressors and that you are immune to its effects. You will eventually get sick, feel tired, depressed and agitated. It's important to identify what stresses you – what cues your body gives you when you're under stress – and to have a plan for dealing with it. Keep things in perspective and learn to nourish your well being for peace of mind and better health.

# What Is Metabolism, and Can You Really "Rev" It?

By Barbara A. Brehm (The following is an excerpt from this article)

Metabolism is affected by many variables, some of which can be modified to help people lose or maintain weight.

Most people are familiar with the terms "metabolic rate" and "metabolism," and generally use these words to mean how quickly the body consumes fuel, or "burns" calories. Weight control is the primary concern of most people asking these questions. They are usually seeking advice about how to get the most calorie-expenditure power from their workouts so that they can lose weight, or eat more without gaining weight. People who gain weight easily, or have difficulty losing weight, often attribute their problems to a slower-than-average metabolism, and hope for tricks to rev up the rpms on the metabolic machinery of their bodies.

## What is metabolic rate?

Metabolic rate is the energy expenditure required to sustain metabolism. Metabolism refers to the entire collection of biochemical processes that occur in our bodies, many of which require energy. Daily energy expenditure refers to the total amount of energy used in a 24-hour period, and is commonly measured in calories. Basal and resting metabolic rate refer to the energy required just to stay alive in a resting state. (Basal metabolic rate, or BMR, is measured while you are lying down; resting metabolic rate, or RMR, is taken in a seated position.) RMR consumes more than half of the calories required in a 24-hour period. The processes of digestion and absorption consume about 10 to 15 percent of daily caloric requirements. Physical activity uses up the remainder.

## What factors affect resting metabolic rate?

Many factors affect resting metabolic rate, so anything that affects those factors will affect the idle of the metabolic engine. One of the most significant factors is size, especially the amount of metabolically active tissue. Muscle is one of the most metabolically active tissues, so a large, muscular person will have a higher RMR than a small, fat one. This is why increasing muscle mass will increase RMR, and why big people can eat more than small people without gaining weight.



## SMP CORNER

### We Need Your Feedback!

Do you have single Marines or Geo-Bachelors in your unit? What are you doing to keep them motivated and inspired?

We may be able to help! Let us assist by enhancing and increasing the activities that you offer!

Contact the MFR MCCA  
SMP Coordinator today at  
504.678.6585.

## EXERCISE OF THE MONTH: Push Up – Medicine Ball Clap

### Benefits :

- This variation provides dynamic stability for the shoulder complex.
- This is an advanced progression and requires tremendous strength in the upper body and core musculature.

### Preparation :

- Initiate a thorough dynamic warm up prior to this exercise, this engages the nervous system.
- Prepare for this motion by keeping a lengthened position in the body.

### Movement :

- This movement involves a wide push up followed by a plyometric narrow push-up on the med. ball
- Start with the med. ball under the chest and hands slightly wider than shoulder width (as shown)
- Perform an explosive plyometric push up (so that your hands leave the ground)
- Once in the air, quickly move hands to the med. ball and perform narrow plyo. push-up
- Repeat back and forth for desired number of reps
- SPOTTERS: watch for hiking at the hip or a sway in the lumbar spine – these may be indications of fatigue



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504-678-4852

**Admin Chief**  
504-678-6585

**Semper Fit**  
**Program Manager**  
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Gym Memberships/Equipment  
Single Marine Program (SMP)  
Sports Leagues and Events  
Recreation

**Marine Corps Family Team Building**  
**Family Readiness Deployment Spec.**  
504-678-6391

Key Volunteer Network (KVN)  
Lifestyle Insights Networking Knowledge  
(LINKS)  
Spouse's Leadership Seminar (SLS)

**Marine and Family Services**  
**Program Manager**  
504.678.8248

Tuition Assistance (TA)  
Drug Demand Reduction (DDR)  
Transition Assistance Mgmt Program  
(TAMP)  
Information/Referral

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